

2024 Community Health Implementation Plan

Introduction

Adams County Regional Medical Center (ACRMC) is committed to improving the health and well-being of our community by addressing key health priorities identified in our most recent Community Health Needs Assessment (CHNA). Through a data-driven and collaborative approach, ACRMC has developed this Community Health Implementation Plan to guide our efforts in tackling the most pressing health challenges facing our region. By leveraging local partnerships, enhancing patient care, and expanding educational initiatives, we aim to create sustainable health improvements that positively impact our residents.

This plan focuses on two priority areas: Mental Health Treatment and Prevention and Heart Disease and Stroke Prevention and Treatment. These issues were selected based on their significant impact on community health, as well as ACRMC's capacity to effectively address them through targeted programs and services. While other health concerns remain important, resource limitations and service availability guided our decision to concentrate on these critical areas where we can make the greatest difference.

Through this implementation plan, ACRMC will work closely with healthcare providers, community organizations, and public health agencies to improve access to care, promote prevention strategies, and support long-term wellness. Our goal is to foster a healthier community by reducing health disparities, increasing awareness, and ensuring that individuals have the necessary resources to manage and prevent chronic conditions. We are dedicated to making a measurable impact and continuously evaluating our initiatives to adapt to the evolving needs of our community.

Our Vision

To meet the community's needs, to excel at customer service and to your 1st choice for health care needs.

Our Mission

Adams County Regional Medical Center provides quality healthcare close to home.



Significant Community Identified Health Needs

Adams County Regional Medical Center (ACRMC) has reviewed the significant health needs identified from the regional report and has adopted the following as priorities:

1. Mental Health Treatment and Prevention
2. Homelessness Prevention and Housing Stability
3. Heart Disease and Stroke Prevention and Treatment

These health issues were chosen based on their high prevalence in our region, their impact on overall health outcomes, and the ability of ACRMC to effectively address them with existing resources and partnerships.

While other health concerns are important, we are unable to address them fully due to financial constraints and service limitations as a Critical Access Hospital.

- Cancer: We do not have an oncology program and refer patients to regional cancer centers.
- Substance Abuse & Addiction: We provide emergency care and referrals but lack inpatient rehab and addiction treatment services.
- Lung Disease: We offer basic respiratory care but do not have specialized pulmonary treatment.
- Poverty: While poverty affects health, we rely on community organizations for financial and social support services.
- Smoking & Tobacco Use: We provide education and referrals but do not have a dedicated smoking cessation program.

Additionally, we are unable to focus on homelessness prevention and housing stability as we do not have housing programs, but work with local agencies to support those in need.

By focusing on mental health and cardiovascular health, ACRMC aims to make the greatest impact with our available resources.

Impact of Recent Actions on Community Health Needs

Since our last CHNA report, we have focused on three key areas to address significant health needs in our region:

Improved Access to Healthcare

We have expanded our ACRMC Family Medicine Clinics, increasing our capacity to provide quality and timely healthcare services to more community members. This growth has helped bridge gaps in access and ensures that residents can receive care closer to home.

Expanding and Diversifying the Healthcare Workforce

To build a stronger, more inclusive healthcare workforce, we have actively participated in career fairs and formed strategic partnerships with local colleges and career technical centers, along with local EMS to provide education and training to local students. These efforts have raised awareness about healthcare careers among local students and have begun to create a diverse pipeline of future healthcare professionals.

Enhancing Access to Healthy Food and Affordable Housing

Recognizing that healthy living extends beyond medical care, we have worked to connect patients with essential resources in our community. Through initiatives like ABCAP, we have provided information and referrals to programs offering healthy, affordable food and quality, affordable housing. This outreach has empowered community members to access the basic necessities that support overall well-being.

Overall, these actions have made a tangible difference in addressing the community's needs, creating a healthier and more resilient region. As we continue our efforts, we remain committed to furthering these initiatives and building on our successes.

Community Health Implementation Plan

Adams County Regional Medical Center is committed to addressing the prioritized significant health needs of the community through the strategies described in this Implementation Plan.

1

Mental Health Treatment and Prevention

Description

Mental health is a critical component of overall well-being, yet nearly 1 in 5 adults in Adams County report frequent mental distress.* Left unaddressed, mental health struggles can lead to poorer physical health, increased substance use, economic instability, and reduced quality of life. ACRMC recognizes the urgent need to improve mental health education, expand access to care, and strengthen partnerships to create a healthier, more resilient community.

Goal

Maintain or reduce the percentage* of adults in Adams County reporting frequent mental distress through enhanced mental health education, improved access to care, and strengthened community partnerships.

Target Populations

- Adults in Adams County experiencing frequent mental distress
- Senior citizens who may face isolation and mental health challenges.
- Students and individuals in the court system who receive services from UC Health.
- Patients within ACRMC who require mental health care coordination and support.

Strategy #1:

- Partner with our Senior Life Solutions team to implement a mental health literacy campaign, including workshops and digital resources, to educate the public on stress management, coping mechanisms, and local mental health services.
- **Strategic Measure:** Track the number of views/clicks on social media and also attendance at in-person events where information is taught/passed out.

Strategy #2:

- ACRMC social workers and case managers will provide resources and referrals for mental health care coordination, and resource navigation to ensure patients receive appropriate follow-up care and community support.

- **Strategic Measure:** Track the number of mental health referrals completed to behavioral health services to measure impact and improve care continuity.

*Please refer to the regional CHNA created by The Health Collaborative for all data.

2

Heart Disease and Stroke Prevention and Treatment

Description

Heart disease and stroke remain leading causes of death in the counties ACRMC serves. Hypertension, diabetes, and limited access to preventive care contribute to high mortality rates. By focusing on education, early detection, and stronger community partnerships, ACRMC aims to reduce the impact of cardiovascular disease and improve long-term health outcomes for residents.

Goal

Reduce the mortality rates* due to heart disease/hypertension and stroke in the counties we serve through prevention education, enhanced patient care, and community engagement initiatives.

Target Populations

- Adults at risk for heart disease, hypertension, and stroke.
- Community members who could benefit from CPR training and awareness programs.
- Patients at ACRMC in need of preventive screenings and education.
- EMS professionals who play a key role in early stroke intervention and emergency response.

Strategy #1:

- Launch a community-wide heart health initiative, including CPR training, hypertension awareness programs, and educational materials on stroke prevention.
- **Strategic Measure:** Issue at least 3,000 CPR certification cards to community members through the ACRMC CPR Training Center annually and track knowledge through completed certifications.



Strategy #2:

- Host the June Health Fair, offering the affordable Comprehensive Blood Panel to encourage screenings for heart disease risk factors, aiming to exceed 1,000 participants.
- **Strategic Measure:** Track the number of health fair participants, aiming for a 5% annual increase in attendance. Measure engagement and follow-up screenings to assess any changes in heart disease risk factors and management.

Strategy #3:

- Strengthen the partnership with Adams County Emergency Medical Services through HI-SPEED Study and stroke prevention education.
- **Strategic Measure:** Track the number of EMS education sessions and the number of times Adams County EMS transport patients per requests.

*Please refer to the regional CHNA created by The Health Collaborative for all data.

Board Approval

The Adams County Regional Medical Center Board of Directors adopted The Health Collaborative's 2024 Regional Community Health Need Assessment and reviewed the 2024 ACRMC Community Health Implementation Plan

Both of these documents were approved by the ACRMC Board of Directors on 3/27, 2025.

Board Signature



Jack McCoy, Chairman

Date

March 27, 2025

For further information or to obtain a hard copy of this CHIP, please contact:
Adrienne Utter, Community Engagement Coordinator,
agutter@acrmc.com

**ADAMS COUNTY
REGIONAL
MEDICAL CENTER**

Phone: 937-386-3400

Email: info@acrmc.com

Website: www.acrmc.com